

Active Play Active Learning

Find places in your neighbourhood that you might not have thought about as places to play. There are places close to home that will give your children opportunities to learn through active play.

Active Play_Active Learning is a series of play ideas that will encourage parents and children of all ages to be active in local community spaces. EarlyEd's therapists and educators have created great ways for you to help your child develop and use their skills to play, explore and learn.

Reconnect with local play spaces

MUSTON PARK

375-389 Penshurst St, Chatswood

There are so many things to see and do at this park that are interesting for every age. You can easily stay and play here.

Things to make you comfortable: picnic tables, toilets, bubbler.

Lots of areas that create interesting play opportunities: a playground, paths, bridges, a creek.

For ideas to help your child to be active and learning scan the QR code below.

SAFETY: Children will need to be watched carefully. This is a big park. There is a busy road close by, and a creek. The playground is fenced, but still large.

Bike Track

This park has such an interesting track for bikes and scooters. It provides a long ride, if you want one, over bridges, past interesting things to look at and the creek. It includes challenging slopes and flat bits. **Not up to bikes or scooters yet?** Pull along a toy instead.



Reflections, floating leaves, viewing the world from up high.



Exploring, Learning, Developing

This park is great for exploring because it has so many different areas. The grass slopes, paths and arbour provide excellent challenges to develop a child's whole body strength, coordination, balance and stamina.

The creek has so much to offer. Look through slats in the bridge. Watch leaves float past. See reflections in the water. Watch the waves when drips splash. See if the ducks are there.

Visit Every Season

This park is shady in summer, has plenty of warm spots in winter, bright leaf colours in autumn and a glorious floral display by the wisteria arbour in spring.

If you come often, take photos on your phone and compare the changes from your last visit (a great language development opportunity). "Look that

tree had no leaves last time and now look at it." "We had our sandals on last time, so it must have been warm."



www.willoughby.nsw.gov.au/Residents/Parks-and-recreation/Parks-reserves-and-playgrounds



For more information go to www.earlyed.com.au/startstrongplay/ or phone (02) 9923 2727 or follow us on Facebook and Instagram

Registered NDIS provider. ARBN: 648 016 531 ABN: 42 096 307 200 CFN: 10570 Early Education (EarlyEd) Inc.

Learn to Play_Play to Learn. Reconnect with local play spaces: funded for Willoughby City Council area with Chatswood RSL Club LTD ClubGRANTS 2020. Referencing the 3 principles of "Everyone Can Play" of creative, inclusive play spaces. <https://everyonecanplay.nsw.gov.au/>